

This **AquaSMART** lesson booklet provides a variety of activities designed to teach children ten important lessons on water and boating safety. These activities teach children about aquatic and boating safety, weather and geographical considerations, and pollution prevention.

In addition, these activities help your child understand that while water sports are fun, they can also be dangerous if proper precautions are not taken. By reinforcing these ten safety lessons, you will help your child make the right decisions and follow rules that prevent accidents from happening in and around the water. When children learn safety lessons at an early age, it serves to protect them into adulthood.

These 10 AquaSMART lessons on water and boating safety can help save your life and the lives of others:

G'PO

- **1** Learn to Swim!
- Wear a Life Jacket!
- Learn to Float!
- Learn to Rescue Safely!
- (3) Look Before You Leap!
- **(6)** Don't Overload Your Boat!
- **(2)** Stay With Your Boat!
- (3) Learn the Boating Rules of the Road!
- Alcohol, Drugs and Boating Don't Mix!
- **®** Keep Our Waterways Clean!





For more information, contact:

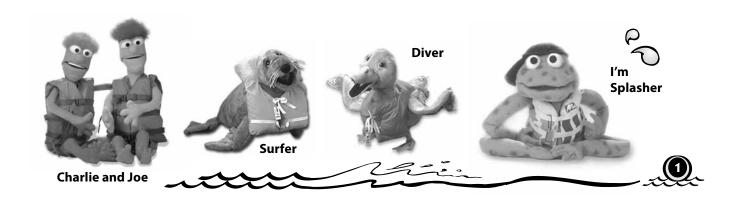
Department of Boating and Waterways, Education Unit
2000 Evergreen Street, Suite 100, Sacramento, CA 95815-3888
Phone: (888) 326-2822, Fax: (916) 263-0357
www.dbw.ca.gov



- Make children wear a life jacket when on a dock, riding in a boat or raft, when skiing or tubing, and even when fishing or playing near the water. California law says that all children under thirteen years of age must wear a properly fitting U.S. Coast Guard-approved life jacket while underway on a vessel of 26 feet or less.
- Children should be constantly supervised when in or near water, even if they are wearing a life jacket.
- Swimming lessons and infant/toddler water adjustment class promote water safety, but they do not replace adult supervision.
- Teach your children to wait for permission before getting into the water. Teach them also not to run or push on pool decks, docks or boats.
- Show your children safe areas for swimming.
- Use and enforce water safety rules, children learn from the actions of adults.
- Never use inflatable water toys, like beach balls or water wings, as life jackets or life preservers.
- Learn infant/child cardiopulmonary resuscitation (CPR). When visiting a new water area, know where the nearest phone is to call 9-1-1 for help.

MEET THE AQUASMART CHARACTERS!

Learn how to be *AquaSMART*. Let Splasher, Surfer, Diver, Charlie and Joe help you learn how to be safe in and around the water!





SELECTING LIFE JACKETS FOR CHILDREN



A personal flotation device (PFD), or life jacket, can keep your child afloat and keep them warm in cold water. Drowning can occur in less than a minute, without noise, and often happens even when an adult is nearby.

What do you look for when choosing a life jacket?

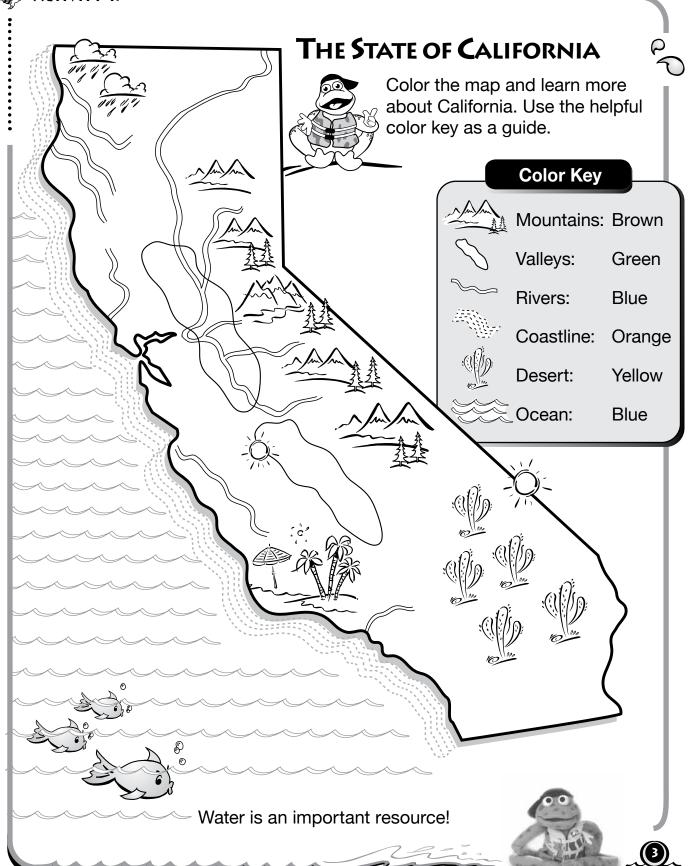
- The U.S. Coast Guard approval number on the life jacket. This means the life jacket meets specific criteria for performance and design.
- Check the size and weight limits on the label. Try the life jacket on your child. Check for proper fit by lifting the life jacket at the shoulders. If there is more than three inches between your child's shoulders and the life jacket, it is too big! If the life jacket lifts up to cover your child's mouth or ears, it is too big!
- A head support collar is important for small children. It supports a child's head when in the water and a loop on the collar allows for grabbing and lifting a child from the water.
- Small children must have a crotch strap that promotes a snug fit. The strap should be used at all times to help keep the life jacket in place.
- For older children, it is important to consider comfort and appearance.
 Let your child participate in the selection of a life jacket. Put your child's name on it.
- After selection is made, have your child test the life jacket in the pool.
 This gives you a chance to observe the fit and performance of the life jacket in water, and gives your child a chance to become comfortable with their life jacket. Teach children how to swim or float on their back while wearing the life jacket.





THE WATERWAYS OF CALIFORNIA







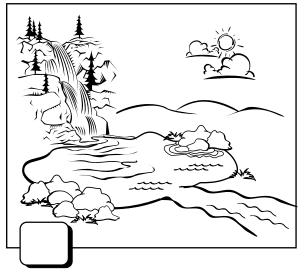
THE WATERWAYS OF CALIFORNIA

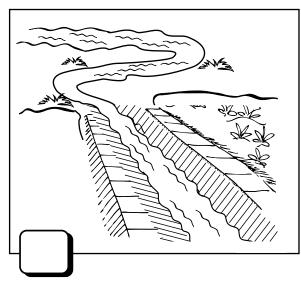


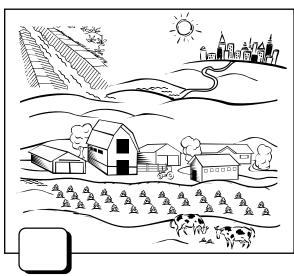
How Do WE GET OUR WATER?

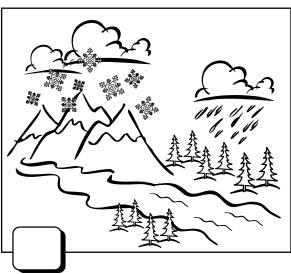


Water is important. Every living thing needs water to live. At the bottom of this page, read the four ways we get our water. Write the correct number next to the picture to show what happens first, second, third and fourth. Color the pictures.





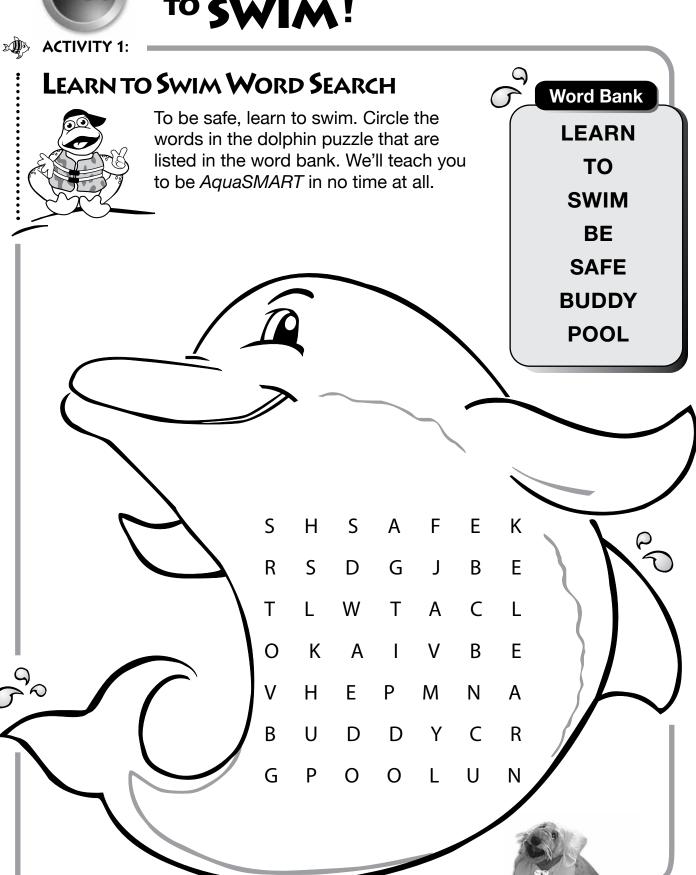




- 1. In California, water comes from snow and rain.
- 2. Waterfalls and streams flow into rivers and lakes.
- 3. Rivers and lakes flow into canals.
- 4. Canals are used to bring water to farmers and people in the cities.









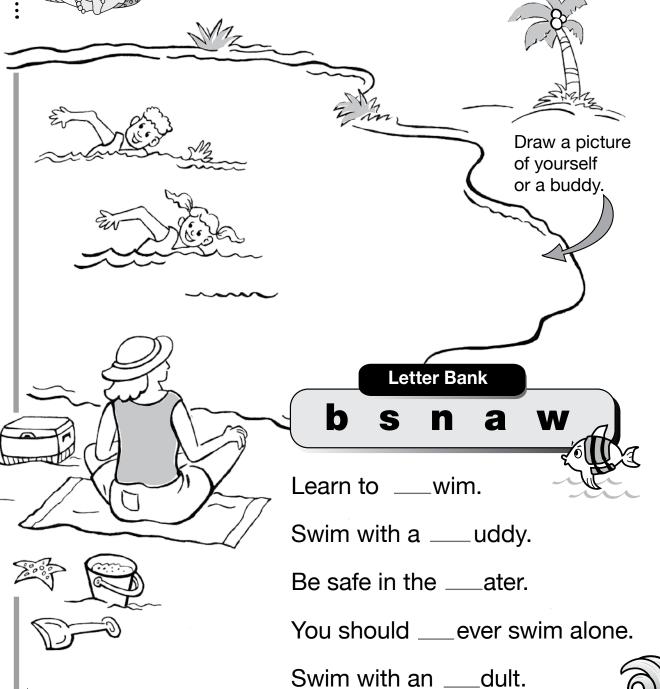
LEARN TO SWIM!





SWIM WITH A BUDDY

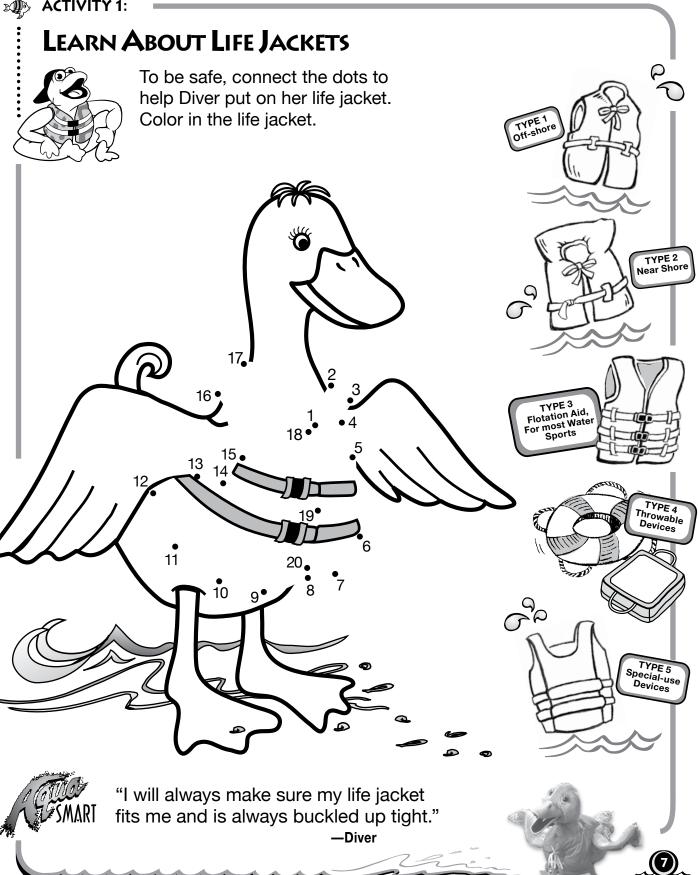
Remember, always swim with a buddy. Using letters from the letter bank, fill in a letter to make the correct word in the space below.





WEARA LIFE JACKET!





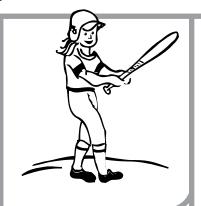


WEARA LIFE JACKET!

THE RIGHT SAFETY EQUIPMENT



To be safe, you need to wear the right safety equipment! Circle the equipment that each person needs to wear to be safe when playing.











glove

shirt

helmet

baseball









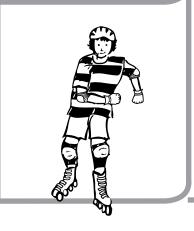


life jacket

fishing pole

oar

whistle











knee pads

helmet

hockey stick

rollerblades



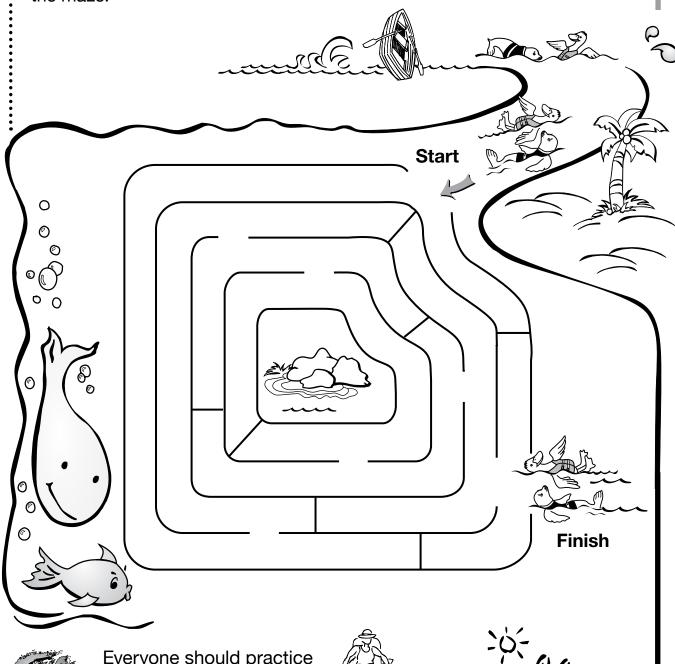






LEARN TO FLOAT MAZE

Learning to float is really important in case you get too tired to swim. Help Surfer and Diver float downstream through the maze.





Everyone should practice floating in a safe place, like a swimming pool, with an adult watching.





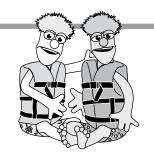




ACTIVITY 2:

SURFER AND DIVER'S FLOATING STORY

Charlie and Joe know, if you fall into a river, float feet first downstream. Read the story and fill in the missing words.



Surfer and Diver are floating downriver in their					
	Both of them are				
wearing life	All of a sudden,				
they bump into a	The raft				
tips them over into the water. Sur	fer and Diver need to				
stay To be safe, t	they both need to				
protect their heads by					
with their D po	ointing downstream.				

Word Bank

feet raft floating calm rock jackets





LEARN TO RESCUE SAFELY!





FIND THE SAFETY HELPERS

Draw a circle around the helpers you can use to **reach.**



board



oar



hand



bicycle



branch



shoes



Draw a circle around the helpers you can use to **throw.**



inner tube



empty ice chest



clock



life jacket



beach ball



rescue ring



Draw a circle around the helpers an adult can use to **row.**



raft



air matress



chair



inner tube



camera



row boat



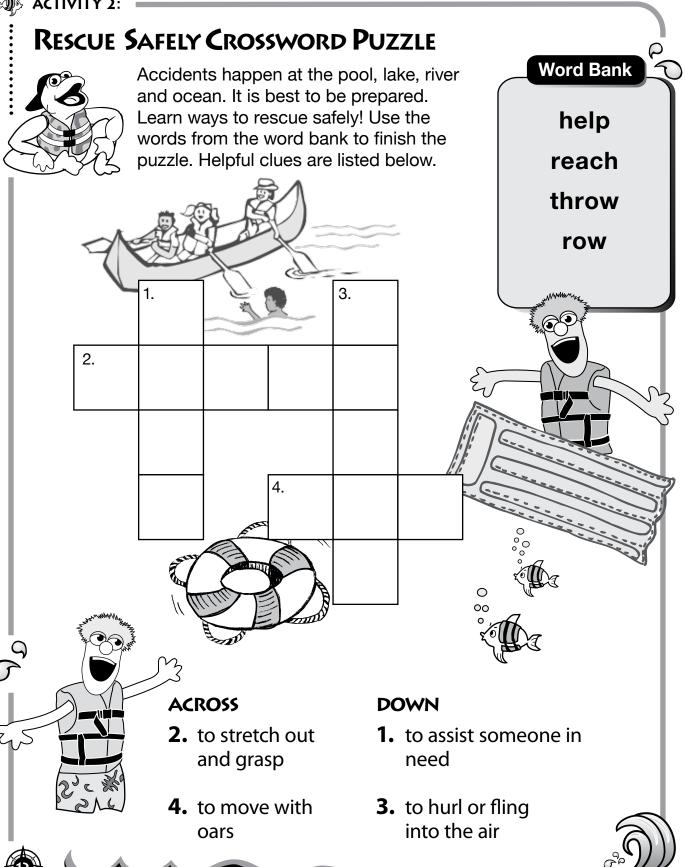
If you can't reach, throw, or find an adult to row, call 9-1-1 to get help.





RESCUE SAFELY!





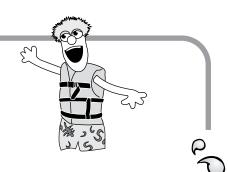


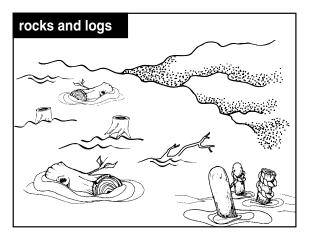
YOU LEAP!

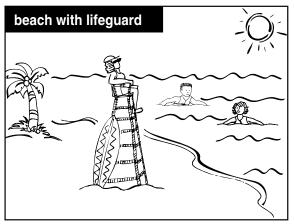


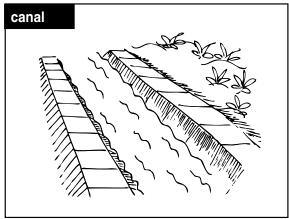
FIND THE SAFE SWIMMING AREAS

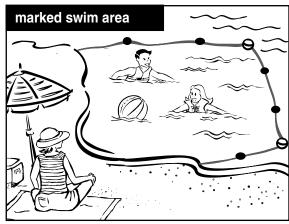
Look for dangers before you enter the water. Cross out pictures where you should NOT swim. Then, color the pictures where it is safe to swim.

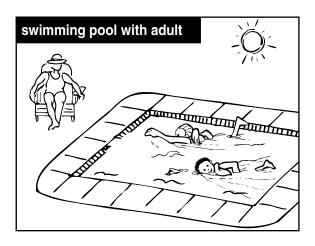


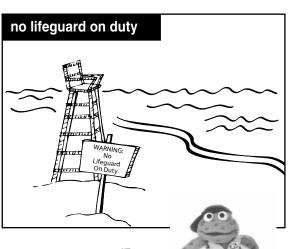
















LOOK BEFORE YOU LEAP!



ACTIVITY 2:

MATCH UPTHE SIGNS

Signs warn us of dangers we can't always see. Be a sign watcher and be safe. My friends, below, are all

mixed up. Help them decide where to go.
Draw a line from the problem to the sign that will help them.

Helpful Signs



This sign tells where we can get **first aid** if we get hurt.



This sign tells us we **cannot swim** here. It is dangerous.



This sign tells us we can call 9-1-1 for **emergency** help.



This sign tells us someone is there to answer our **questions**.



Emergency! I need help. Someone is hurt badly.





My friends cut their feet. They need **first aid.**





I want to go
swimming. How will
I know if I can't?





Question: I wonder if it's okay to ride my bike on the dock?









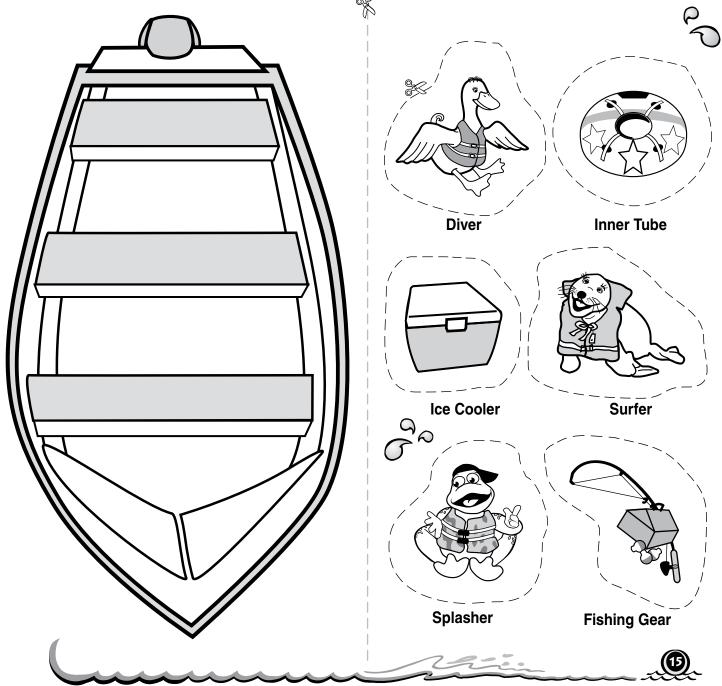
DON'T OVERLOAD YOUR BOAT!



HELP LOAD AND BALANCE THE BOAT



Small boats can tip over. To be safe, don't overload your boat. Help make this a safe and balanced boat. First, cut the page in half along dotted line. Then, cut out the characters, ice cooler, inner tube and fishing gear. Finally, glue the pictures into the boat so the boat stays balanced.





DON'T OVERLOAD YOUR BOAT!

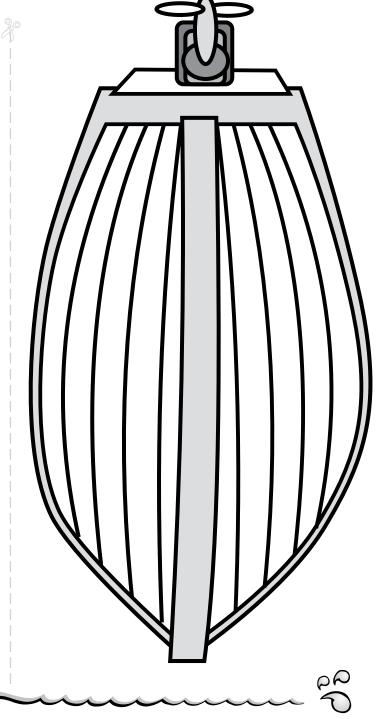


HELP LOAD AND BALANCE THE BOAT



To help load and balance this boat, see the front side of this page and follow the instructions.







DON'T OVERLOAD YOUR BOAT!



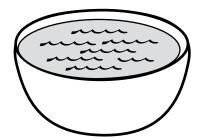


FUN BALANCING BOATS

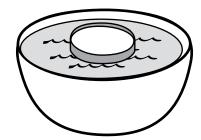
Try this fun experiment and learn more about the importance of balancing a boat. To get started, you will need a large plastic bowl, a jelly jar lid, and about 12–15 pennies. Then, read and follow the steps below.



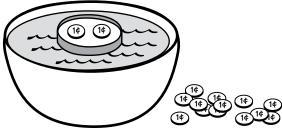
Fill the bowl with water to represent a lake or ocean.



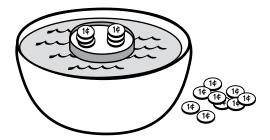
Float the jelly jar lid upside-down on the water to represent a boat.



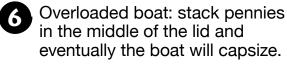
Place coins in the boat to represent people.



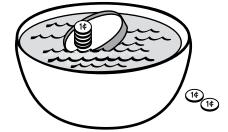
Balance boat: the boat will remain stable if it has the same amount of pennies on each side. Add pennies one at a time on each side of the lid (3 to 4 on each side).

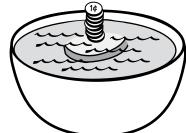


Unbalanced boat: place pennies one at a time on one side of the lid. The boat will eventually capsize.













YOUR **BOAT!**



ACTIVITY 1:

DIVER'S AND SURFER'S ADVENTURE



Stay calm and stay with your boat if your boat turns over. Read the story about Diver and Surfer. Help finish the story below.



One sunny day



Diver and



Surfer decided to go for a

ride in their \$



boat. They both put on their



life jackets

before they left on their trip. Surfer and Diver were having so much fun

they didn't pay attention to the choppy water. Suddenly the



boat bumped into a big wave. The boat



turned upside

down and Surfer and Diver

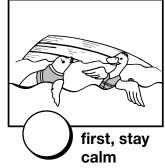


fell into the water.

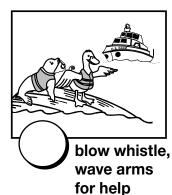


What should Diver and Surfer do next? Help Charlie and Joe put the pictures in the right order. Write the number 1, 2, 3, or 4 next to the correct picture.













STAY WITH YOUR BOAT!



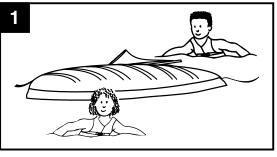
IF YOUR BOAT TURNS OVER



Read the Safety List then look at the pictures below. There are two sentences for each picture. Circle the sentence that tells you the best way to stay safe if your boat turns over.

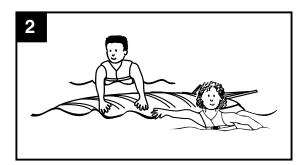


Always wear a properly fitting U.S. Coast Guard-approved life jacket!



Flap your arms up and down.

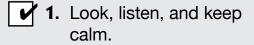
Remain calm and stay with your boat.



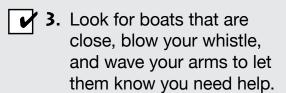
- Look around for help; if boaters are close enough, blow your whistle, and wave your arms to let them know you need help.
- Yell, yell, and yell until someone hears.



If your boat turns over:



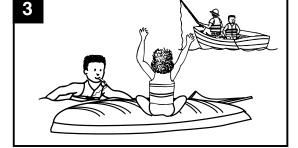
2. Stay with your boat.





- Look and listen for help.
- Yell, scream, and cry for help.







LEARN THE BOATING RULES OF THE ROAD!



CHARLIE AND JOE LEARN THE RULES



Help Charlie and Joe learn the boating rules of the road. Read the "Rules of the Road" list. Then, find the signs and color them.



Always Wear a Life Jacket

Rules of the Road



Color the "Boats Keep Out" sign orange.



Color the life jacket yellow.



Color the "5 MPH" speed limit blue.



Color the "Diver Down" sign red.



Color the "Rock" sign orange.



Color the "Left Channel Buoy" green.



Color the "Center Channel Buoy" red.



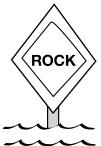
Color the "Right Channel Buoy" red.



Color the "Weather Flag" orange.



Color the "No Smoking" sign red.



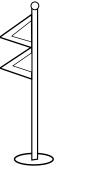
Rock-Danger



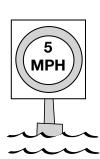
No Smoking



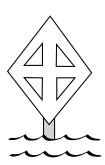
Diver Down, **Boats Stay Clear**



Weather Flag



5 Miles Per Hour Speed Limit



Boats Keep Out



Marks Left Side Marks Center of the Channel



of the Channel



Marks Right Side of the Channel



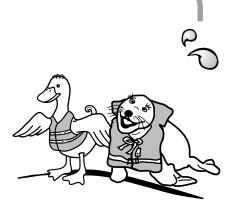


LEARN THE BOATING RULES OF THE ROAD!

COURTESY IS THE RULE

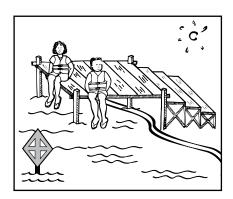


Always be courteous, follow the rules and watch out for swimmers, fisherman, skiers and other boats. Surfer and Diver are going out in a boat. Can you help them learn the courtesy rules? **Cross out the pictures** where Surfer and Diver should **NOT** go boating.

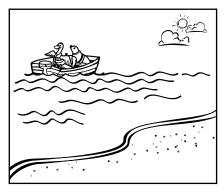




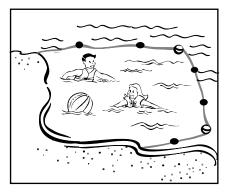
It is safe and courteous to go boating. . .



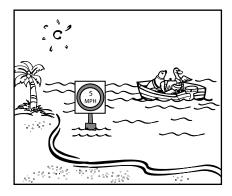
too close to the dock



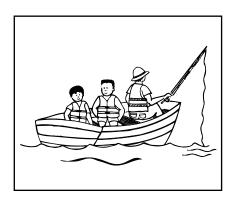
on the bay while following the rules of the road



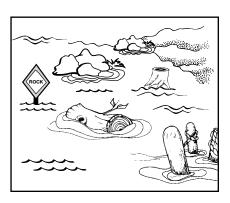
close to swimmers



on the lake while obeying speed limits



close to people fishing



close to rocks and logs





ALCOHOL, DRUGS AND BOATING DON'T MIX!



ALCOHOL, DRUGS, BOATING AND STRESS

The main stressors of boating (sun, wind, noise, and waves) increase with the use of alcohol and drugs. This mix is very dangerous. Using words from the word bank, fill in the missing words below.

Alcohol, drugs and boating don't ______.

Safety List

alcohol noise
dangerous no
balance sun
drugs mix
waves wind

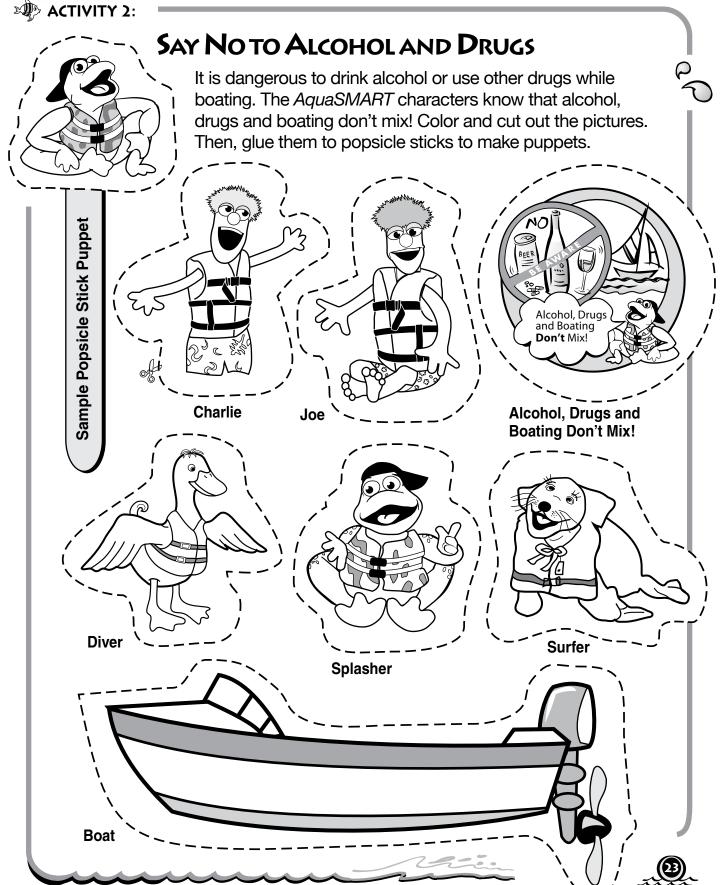
0	Say	to alcohol and drugs.	
2		who drink and fall out of	
3	blowing	from the boat engine, heat, and the moving effects of alcohol.	·
4	Drinking or taking for everyone.	g drugs makes boating very	







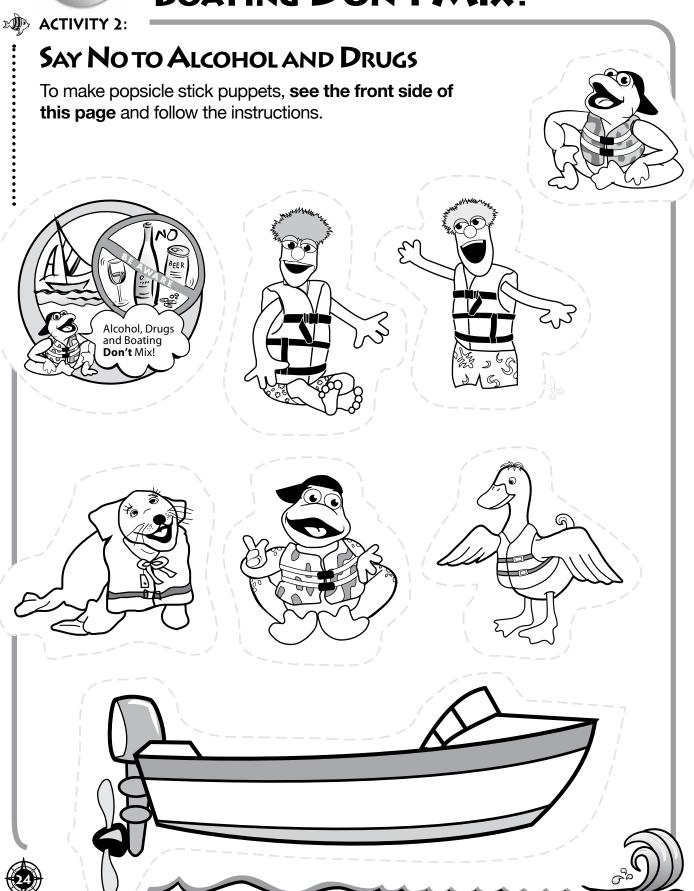
ALCOHOL, DRUGS AND BOATING DON'T MIX!



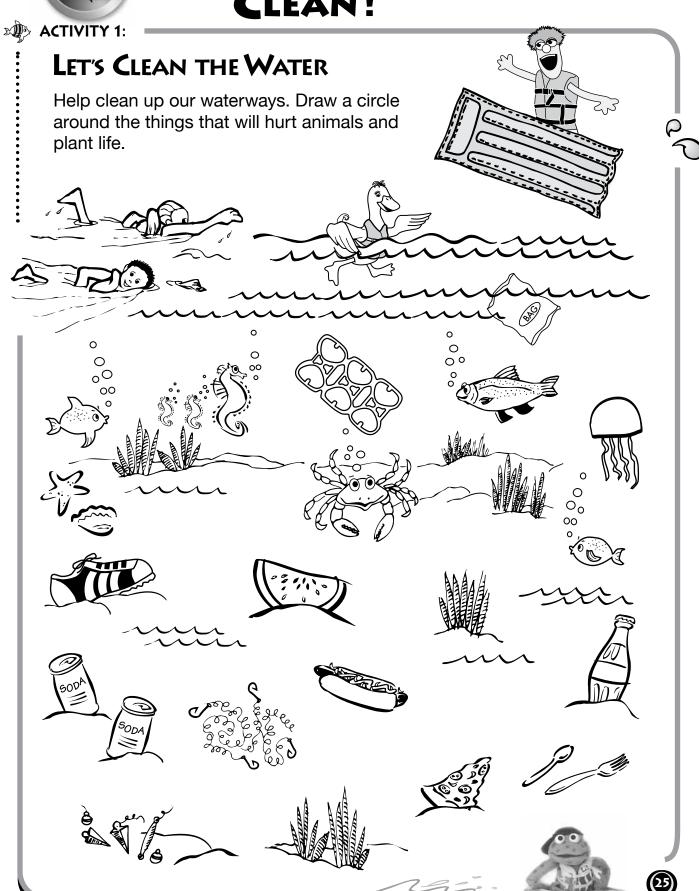


ALCOHOL, DRUGS AND BOATING DON'T MIX!



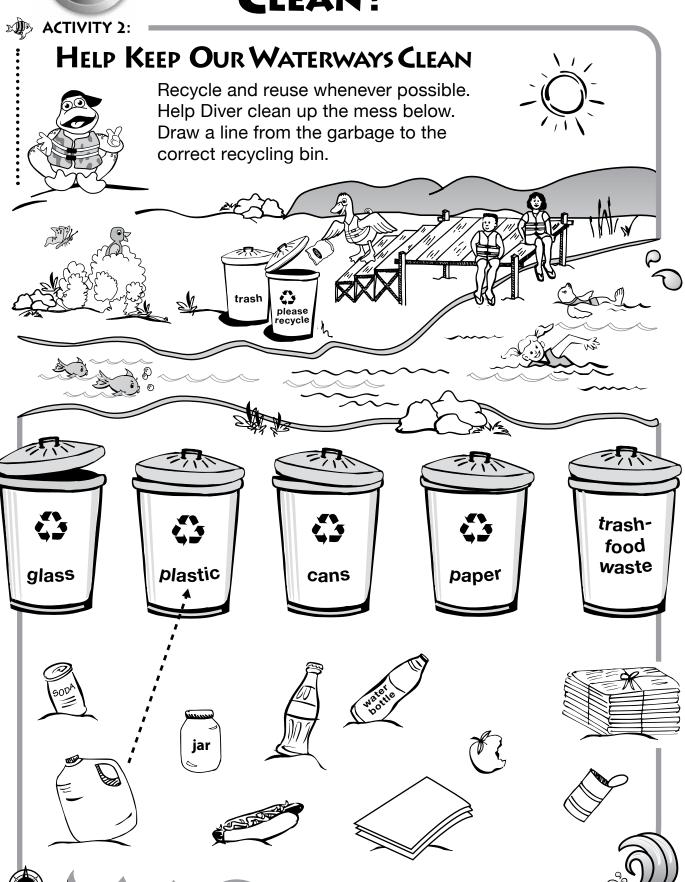








KEEP OUR WATERWAYS CLEAN!



CERTIFICATE OF ACCOMPLISHMENT

Awarded to:



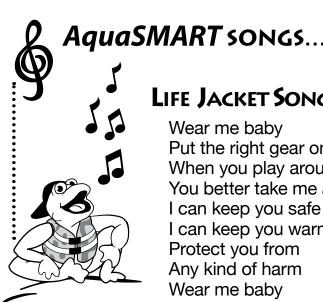


Parent/Guardian

Boating and Waterways

Date



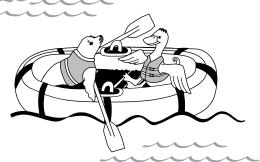


LIFE JACKET SONG

Wear me baby Put the right gear on When you play around the water You better take me along I can keep you safe I can keep you warm Protect you from Any kind of harm Wear me baby All day long







BOATING SONG

Boats we're cruisin' Having lots of fun Rowing, sailing on the water On a raft, drifting along Kayaks, canoes Motorboats Boats with jets All kinds of boats Boats we're cruisin' All day long



Boating is cool If we follow the rules Like the rules of the road We will keep to the code

If we know what we're doin' It will keep us safe Watchin' out for the signs Doin' what they say



If we follow the rules And we do things right If we follow the rules We will be all right







The AquaSMART activity booklet features the AquaSMART characters Splasher, Diver, Surfer, Joe and Charlie. Based on the AquaSMART series, this fun activity booklet is designed

to teach children 10 important lessons on water and boating safety. These lessons can help save your life and the lives of others:

- 1 Learn to Swim!
- Wear a Life Jacket!
- Learn to Float!
- Learn to Rescue Safely!
- **(5)** Look Before You Leap!
- **(6)** Don't Overload Your Boat!
- **O** Stay With Your Boat!
- 1 Learn the Boating Rules of the Road!
- Alcohol, Drugs and Boating Don't Mix!
- **(10)** Keep Our Waterways Clean!

For further information on the *AquaSMART* series, contact the California Department of Boating and Waterways, Education Unit: phone (888) 326-2822, fax (916) 263-0357, www.dbw.ca.gov

The name "Splasher" is courtesy of the Modesto Irrigation District.





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